

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Protein (g)

Food Subset: Abridged List
Ordered by: Food Name
Measured by: Household
Report Run at: November 14, 2015 14:46 EST

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.07
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.03
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.20
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.09
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.00
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.02
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	0.02
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.02
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.02
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.02
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.02
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.02
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.02
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	0.02
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.02
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	0.02
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.02
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.02
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.79
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.48
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.30
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.39
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.37
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.40
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5.83
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.00
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	1.17
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.98

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18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	1.37
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	1.10
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	1.09
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.54
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	1.46
11959	Arugula, raw	2.0	1.0 leaf	0.05
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.18
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	2.20
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	2.16
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5.31
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.08
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.42
07921	Bacon and beef sticks	28.0	1.0 oz	8.15
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	2.78
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	10.45
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.67
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.67
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.62
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.93
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	3.93
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	4.49
20130	Barley flour or meal	148.0	1.0 cup	15.54
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	39.14
16009	Beans, baked, canned, with pork	253.0	1.0 cup	13.13
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	14.47
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	15.13
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	41.90
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.73
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	44.02
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	9.21
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.01
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.98
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	2.25
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	23.40
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	2.72
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.13

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13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.55
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.30
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	24.51
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.24
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.04
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	22.19
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	22.74
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.50
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.95
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18.94
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.46
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.54
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.47
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.60
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	29.41
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	26.10
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	26.58
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	28.63
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.31
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.68
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.49
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	28.86
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.94
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.78
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	25.75
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	7.84
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	7.84
11086	Beet greens, raw	38.0	1.0 cup	0.84
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80
11080	Beets, raw	136.0	1.0 cup	2.19
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.51
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	1.01
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	1.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.03
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.21
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.06
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.06
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.60
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	5.53
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.15
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.00
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	25.00
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.14
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	9.79
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	0.00
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	0.00
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	2.99
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	2.99
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.01
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0.00
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	50.00
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.03
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	1.73
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	9.60
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1.76
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	3.86
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.78
09043	Blackberry juice, canned	250.0	1.0 cup	0.75
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.92
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.79
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	2.77
07971	Bologna, meat and poultry	33.0	1.0 slice	3.41

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	7.31
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.28
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	2.53
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.45
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9.54
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	4.11
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	3.12
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	2.84
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.82
18972	Bread, cheese	48.0	1.0 slice	5.00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	3.36
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.90
18025	Bread, cracked-wheat	28.35	1.0 oz	2.47
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	3.69
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	1.87
18037	Bread, oat bran	28.35	1.0 oz	2.95
18040	Bread, oatmeal, toasted	28.35	1.0 oz	2.61
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	5.93
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	5.46
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	3.88
18043	Bread, protein (includes gluten)	28.35	1.0 oz	3.43
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	2.15
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	3.78
18057	Bread, reduced-calorie, white	28.35	1.0 oz	2.47
18060	Bread, rye	28.35	1.0 oz	2.41
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	3.92
18064	Bread, wheat	28.35	1.0 oz	3.04
18066	Bread, wheat bran	28.35	1.0 oz	2.49
18385	Bread, wheat germ, toasted	28.35	1.0 oz	3.03
18967	Bread, white wheat	28.0	1.0 slice	2.98
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	2.55
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	3.98
09059	Breadfruit, raw	220.0	1.0 cup	2.35
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.27
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	5.70
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	4.38

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11098	Brussels sprouts, raw	88.0	1.0 cup	2.97
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.61
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.04
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	2.65
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	2.65
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.91
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	1.65
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	3.05
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.68
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	5.04
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.79
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	1.73
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.98
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	1.53
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.85
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	3.60
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	7.01
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	8.29
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	3.00
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	2.00
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	1.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	3.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	2.00
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	4.92
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.10
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	1.44
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	30.74
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	3.00
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1.24
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	2.23
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	3.43
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1.56
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	2.08
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	2.79

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19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.16
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.87
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1.08
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	3.24
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	4.00
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	2.20
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.75
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	1.19
19181	Candies, YORK BITES	39.0	15.0 pieces	0.69
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.94
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	1.37
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.75
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.73
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.50
11124	Carrots, raw	128.0	1.0 cup chopped	1.19
11965	Cauliflower, green, raw	64.0	1.0 cup	1.89
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	1.24
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	2.00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	1.95
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.99
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	2.11
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	2.07
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	1.73
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	16.68
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	11.27
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	2.34
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.20
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	4.73
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	4.84
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	2.13
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	3.57
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	2.13
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.39
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	4.42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	1.92
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	5.34
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	5.78
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	6.33
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.93
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	1.72
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	3.19
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	2.44
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.88
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	4.39
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	4.39
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2.87
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2.20
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2.84
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	1.22
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	4.43
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	3.71
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	4.75
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	6.56
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	5.06
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	4.85
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	4.86
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	19.05
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	22.97
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	12.96
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	4.00
01004	Cheese, blue	28.35	1.0 oz	6.07
01007	Cheese, camembert	28.35	1.0 oz	5.61
01009	Cheese, cheddar	132.0	1.0 cup, diced	30.19
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	12.57
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	12.08
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	14.00
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	11.81
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	14.99
01017	Cheese, cream	14.5	1.0 tbsp	0.89
01019	Cheese, feta	150.0	1.0 cup, crumbled	21.32

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	28.46
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	31.35
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	24.83
01030	Cheese, muenster	132.0	1.0 cup, diced	30.90
01031	Cheese, neufchatel	28.35	1.0 oz	2.59
01032	Cheese, parmesan, grated	100.0	1.0 cup	28.42
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	5.14
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	34.62
01035	Cheese, provolone	132.0	1.0 cup, diced	33.77
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	14.12
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	13.96
01040	Cheese, swiss	132.0	1.0 cup, diced	35.59
18147	Cheesecake commercially prepared	28.35	1.0 oz	1.56
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.86
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1.43
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	1.91
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	1.46
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	7.05
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	18.57
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.29
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.06
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25.85
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	40.59
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	35.45
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.16
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.11
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	20.43
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.89
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.42
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	19.41
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	24.28
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.48
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	3.73
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	16.24
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	44.07

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2.72
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	21.15
11154	Chicory roots, raw	60.0	1.0 root	0.84
11151	Chicory, witloof, raw	53.0	1.0 head	0.48
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	1.74
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	2.00
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	1.36
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1.56
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	1.42
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2.56
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	2.24
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.82
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	1.76
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.66
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	2.03
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	1.31
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1.88
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.28
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.23
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.87
18170	Cookies, fig bars	28.35	1.0 oz	1.05
18177	Cookies, molasses	28.35	1.0 oz	1.59
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	1.76
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1.36
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	1.84
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	1.53
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	1.70
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2.49
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	2.84
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	2.53
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	1.50
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	1.39
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	1.52
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	1.01
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	1.38
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	1.52

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	1.28
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	9.64
20314	Corn grain, white	166.0	1.0 cup	15.64
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	4.99
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3.27
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.21
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4.11
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	11.61
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	9.91
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	5.23
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	14.43
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	4.28
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.48
18236	Cracker meal	28.35	1.0 oz	2.64
18214	Crackers, cheese, regular	14.2	0.5 oz	1.55
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	3.48
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.17
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	1.65
18224	Crackers, rusk toast	14.2	0.5 oz	1.92
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	1.28
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	1.00
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	1.06
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1.32
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.63
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	2.48
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	1.39
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	1.92
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.49
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	4.98
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.15
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.95
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.41
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.89
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	2.60

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.29
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.44
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.92
11203	Cress, garden, raw	50.0	1.0 cup	1.30
18240	Croissants, apple	28.35	1.0 oz	2.10
18239	Croissants, butter	28.35	1.0 oz	2.32
18241	Croissants, cheese	28.35	1.0 oz	2.61
18242	Croutons, plain	14.2	0.5 oz	1.69
18243	Croutons, seasoned	14.2	0.5 oz	1.53
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	20.16
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	22.45
09083	Currants, european black, raw	112.0	1.0 cup	1.57
09084	Currants, red and white, raw	112.0	1.0 cup	1.57
09085	Currants, zante, dried	144.0	1.0 cup	5.88
18245	Danish pastry, cheese	28.35	1.0 oz	2.27
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	1.98
01070	Dessert topping, powdered	43.0	1.5 oz	2.11
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.89
01072	Dessert topping, pressurized	70.0	1.0 cup	0.69
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	33.45
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	23.42
02045	Dill weed, fresh	1.0	5.0 sprigs	0.03
11620	Drumstick pods, raw	100.0	1.0 cup slices	2.10
11211	Edamame, frozen, unprepared	118.0	1.0 cup	13.24
01144	Egg substitute, powder	9.9	0.35 oz	5.49
01124	Egg, white, raw, fresh	33.0	1.0 large	3.60
01128	Egg, whole, cooked, fried	46.0	1.0 large	6.26
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	1.59
01131	Egg, whole, cooked, poached	50.0	1.0 large	6.26
01123	Egg, whole, raw, fresh	50.0	1.0 large	6.28
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.93
01057	Eggnog	254.0	1.0 cup	11.56
11213	Endive, raw	25.0	0.5 cup, chopped	0.31
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	2.58
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	17.94
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	11.60

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	17.00
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	18.03
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	19.30
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	20.67
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	17.19
21023	Fast foods, french toast with butter	135.0	2.0 slices	10.34
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	20.50
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.99
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.48
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	30.06
15005	Fish, bluefish, raw	150.0	1.0 fillet	30.06
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	22.28
15013	Fish, cisco, raw	79.0	1.0 fillet	15.00
15014	Fish, cisco, smoked	28.35	1.0 oz	4.64
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	19.35
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	17.71
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	19.35
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	3.52
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	21.11
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	16.47
15033	Fish, haddock, raw	85.0	3.0 oz	13.87
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	19.87
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	5.09
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	13.93
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	19.24
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	6.57
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	16.40
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	20.16
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	9.26
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	4.34
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	20.99
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	16.51
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8.11
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	21.95
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	23.26

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	19.64
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	16.81
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	12.10
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	18.24
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	19.93
15261	Fish, tilapia, raw	116.0	1.0 fillet	23.29
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	16.51
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	16.90
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	23.98
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	22.55
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	14.88
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	43.32
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.00
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	5.00
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	5.34
07939	Frankfurter, pork	76.0	1.0 link	9.74
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.57
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.47
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.00
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	3.19
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	3.08
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.49
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.97
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.87
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.86
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	23.84
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	28.71
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	20.68
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.03
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.65
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.07
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	16.31
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	32.10
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	25.31
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	26.30

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
18963	Garlic bread, frozen	43.0	1.0 slice presliced	3.59
11215	Garlic, raw	136.0	1.0 cup	8.65
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	6.63
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	8.91
11216	Ginger root, raw	2.0	1.0 tsp	0.04
09107	Gooseberries, raw	150.0	1.0 cup	1.32
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.36
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	1.45
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	4.08
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	1.77
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	1.45
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	1.74
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.42
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.58
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	1.22
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.05
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	8.74
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.57
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	1.00
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	0.00
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	1.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	23.04
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	24.64
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	2.66
05152	Guinea hen, meat only, raw	85.0	3.0 oz	17.54
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	9.86
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	2.60
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	9.30
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2.57
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	3.60
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	3.19
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	3.29
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	2.70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.54
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	1.04
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.43
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	3.01
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.44
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.56
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	2.60
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.60
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	3.20
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	2.50
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.68
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.54
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	3.15
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	2.61
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	4.17
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	2.20
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	1.20
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	2.86
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	2.08
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	6.41
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	9.24
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	4.32
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	2.30
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	4.55
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	4.41
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	7.34
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.05
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.70
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.74
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	21.06
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.34
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23.38

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.91
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.43
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.74
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.85
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.10
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.89
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.81
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.21
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.95
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	24.21
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	27.44
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	1.78
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.26
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.24
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.67
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.41
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.73
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.78
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19.60
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18.55
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.17
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	24.58
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.23
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.82
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	22.92
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.11

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.54
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.32
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.75
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.02
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.00
09152	Lemon juice, raw	244.0	1.0 cup	0.85
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	11.58
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	11.97
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	12.45
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	10.24
09160	Lime juice, raw	242.0	1.0 cup	1.02
09164	Litchis, raw	190.0	1.0 cup	1.58
07911	Liverwurst spread	55.0	0.25 cup	6.81
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	2.23
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	7.46
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.38
09173	Longans, dried	1.7	1.0 fruit	0.08
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	7.00
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	6.07
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	11.04
09176	Mangos, raw	165.0	1.0 cup pieces	1.35
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.04
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	3.20
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	1.24
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	27.78
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	38.33
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	4.56
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.87
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	4.27
01094	Milk, buttermilk, dried	30.0	0.25 cup	10.29
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	3.02

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	2.41
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	2.15
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	7.48
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	7.92
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	10.06
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	10.85
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.67
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	9.74
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	8.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.72
01109	Milk, sheep, fluid	245.0	1.0 cup	14.65
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	4.44
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	17.85
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	12.67
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	7.45
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.44
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	7.54
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	9.71
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4.72
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	5.80
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	8.59
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	2.51
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.91
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	3.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	2.52
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.80
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	3.97
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.96
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.53
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.24
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	5.38
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	8.06
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	7.26
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	7.04
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	6.47
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.35

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	28.92
12084	Nuts, butternuts, dried	120.0	1.0 cup	29.88
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.82
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	3.51
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.22
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.54
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	1.95
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	2.66
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	1.50
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.19
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.68
20132	Oat flour, partially debranned	104.0	1.0 cup	15.25
04582	Oil, canola	14.0	1.0 tbsp	0.00
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00
04583	Oil, mustard	14.0	1.0 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	1.50
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	1.61
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.03
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.07
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.45
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.12
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.75
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	1.49
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.85
11282	Onions, raw	160.0	1.0 cup, chopped	1.76
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1.18
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	1.69
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	1.69
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	6.29
09216	Orange peel, raw	6.0	1.0 tbsp	0.09
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	1.87

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09205	Oranges, raw, with peel	170.0	1.0 cup	2.21
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	3.09
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	1.67
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.05
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.68
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2.00
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	5.19
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	11.87
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	11.87
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	14.48
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	14.41
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	12.62
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	11.17
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	1.23
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.13
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.07
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	4.86
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	35.55
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	38.94
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.48
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.32
09252	Pears, raw	140.0	1.0 cup, slices	0.50
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	8.59
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	4.03
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.74
11304	Peas, green, raw	145.0	1.0 cup	7.86
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	10.56
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.86
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.07
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.97
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	11.07
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	12.32
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	12.42
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.25
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.51
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.57

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	2.84
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.85
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	4.10
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	1.45
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	1.91
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	4.47
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.58
09277	Plantains, raw	148.0	1.0 cup, sliced	1.92
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	3.79
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.37
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.57
21415	POPEYES, biscuit	60.0	1.0 biscuit	3.60
21416	POPEYES, Coleslaw	120.0	1.0 package	1.18
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.37
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	10.39
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	6.87
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	3.10
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	14.24
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	20.51
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	32.16
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	18.93
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	6.93
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	6.13
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	6.74
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.33
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	4.94
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	39.70
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	17.46
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	18.15
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	22.22
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.51
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	24.50
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	31.21
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	33.95
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.64
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	17.14

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	23.15
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.22
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	21.96
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	14.61
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	19.64
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	22.73
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	31.43
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.32
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	6.57
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5.26
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	25.97
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	23.84
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	19.45
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	2.49
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.33
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.33
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.54
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.57
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.72
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	4.47
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	4.30
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.89
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	7.86
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	7.03
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	4.49
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.59
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	2.18
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.08
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	3.65
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.09
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	1.61
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.26

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	1.71
11427	Purslane, raw	43.0	1.0 cup	0.87
11429	Radishes, raw	116.0	1.0 cup slices	0.79
20090	Rice flour, brown	158.0	1.0 cup	11.42
20134	Rice noodles, cooked	176.0	1.0 cup	3.15
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	4.25
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	13.19
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	4.43
09428	Rowal, raw	114.0	0.5 cup	2.62
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.01
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.03
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.10
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.32
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.04
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.13
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.15
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.08
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.46
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.12
07926	Salami, Italian, pork	28.0	1.0 oz	6.08
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.01
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.23
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	11.42
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	13.55
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	9.93
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	8.43
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	4.93
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	35.21
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	10.10
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	14.21
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	27.08
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	23.06
11447	Sesbania flower, raw	3.0	1.0 flower	0.04
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	2.18
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.66

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.43
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.02
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	2.50
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	2.94
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.75
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	4.91
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	16.41
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.85
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.73
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	2.19
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	1.98
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	1.43
19415	Snacks, potato sticks	28.35	1.0 oz	1.90
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	3.15
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.81
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.76
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.76
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	2.39
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	2.47
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	2.04
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	20.73
20648	Sorghum flour, whole-grain	121.0	1.0 cup	10.20
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	8.32
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	7.95
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5.35
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	4.81
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	12.41
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.67
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	2.65
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.20
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	11.41
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	2.32
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	12.40
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	1.69
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	2.23
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	3.02

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	1.70
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	2.71
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	3.76
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	8.37
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	11.09
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.95
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	18.10
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.39
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	22.23
11450	Soybeans, green, raw	256.0	1.0 cup	33.15
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.96
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.37
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.05
02005	Spices, caraway seed	2.1	1.0 tsp	0.42
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.10
02015	Spices, curry powder	2.0	1.0 tsp	0.29
02021	Spices, ginger, ground	1.8	1.0 tsp	0.16
02022	Spices, mace, ground	1.7	1.0 tsp	0.11
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.08
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.52
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.13
02039	Spices, savory, ground	1.4	1.0 tsp	0.09
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.14
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.09
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.29
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	4.94
11457	Spinach, raw	30.0	1.0 cup	0.86
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	15.70
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	2.46
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.05
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	2.34
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.64
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.64
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.84
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	2.95
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	5.08

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	3.49
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	3.49
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	2.04
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.51
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.29
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.00
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.00
09437	Tamarind nectar, canned	251.0	1.0 cup	0.23
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1.58
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	5.70
20143	Teff, cooked	252.0	1.0 cup	9.75
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.40
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	21.76
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	2.07
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	2.07
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.12
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.12
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	3.82
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.35
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	3.22
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.90
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.32
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	3.92
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.21
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.92
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	10.71
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	37.23
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	19.79
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	25.61
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	5.85
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	23.18
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	20.11
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	20.36
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	6.48

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	4.87
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.64
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.75
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	5.49
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	2.03
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	2.39
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	4.19
02050	Vanilla extract	4.2	1.0 tsp	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	17.31
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2.66
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.92
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	4.95
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	25.77
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	26.81
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	5.43
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	5.47
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.35
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	12.91
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	12.91
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	16.41
01115	Whey, sweet, dried	145.0	1.0 cup	18.75
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.03
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	2.63
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.26
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	6.77
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.92
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	5.90